



Grilled Lamb Chops with Cherry Port Sauce

 Gluten Free  Dairy Free

READY IN



19 min.

SERVINGS



4

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 0.8 cup cherries dark sweet frozen pitted
- 1 teaspoon cornstarch
- 1 teaspoon thyme sprigs fresh minced
- 4 ounce lamb loin chops trimmed
- 0.7 cup port wine
- 0.5 teaspoon salt divided
- 1 teaspoon water

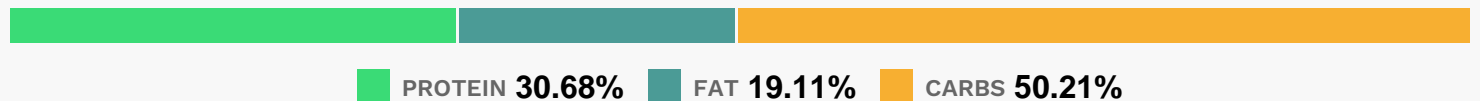
Equipment

- bowl
- frying pan
- grill

Directions

- Prepare grill.
- Sprinkle lamb evenly with 1/4 teaspoon salt and pepper; set aside.
- Bring port to a boil in a medium skillet over high heat. Boil, uncovered, 2 to 3 minutes or until reduced to 1/3 cup. Reduce heat to medium.
- Combine cornstarch and water in a separate bowl, stirring until smooth.
- Add cornstarch mixture and cherries to pan. Simmer 1 minute or until sauce is slightly thick.
- Remove from heat; stir in thyme and remaining 1/4 teaspoon salt.
- Coat lamb with cooking spray; place on grill rack. Grill 5 minutes on each side or until desired degree of doneness.
- Serve cherry sauce over lamb.
- Serve with: Grilled Red Onion and Zucchini

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.85, Inflammation Score:-6, Nutrition Score:3.99260866642%

Flavonoids

Cyanidin: 7.82mg, Cyanidin: 7.82mg, Cyanidin: 7.82mg, Cyanidin: 7.82mg Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg, Petunidin: 2.65mg Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg, Delphinidin: 1.56mg Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg, Malvidin: 37.93mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 1.96mg, Peonidin: 1.96mg, Peonidin: 1.96mg, Peonidin: 1.96mg Catechin: 5.07mg, Catechin: 5.07mg, Catechin: 5.07mg, Catechin: 5.07mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg

Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg, Epicatechin: 4.32mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 123.88kcal (6.19%), Fat: 1.75g (2.7%), Saturated Fat: 0.62g (3.87%), Carbohydrates: 10.36g (3.45%), Net Carbohydrates: 9.68g (3.52%), Sugar: 6.43g (7.14%), Cholesterol: 18.71mg (6.24%), Sodium: 313.77mg (13.64%), Alcohol: 6.12g (100%), Alcohol %: 7.96% (100%), Protein: 6.33g (12.66%), Vitamin B12: 0.63µg (10.44%), Vitamin B3: 1.98mg (9.91%), Selenium: 6.92µg (9.88%), Zinc: 0.96mg (6.42%), Phosphorus: 63.89mg (6.39%), Manganese: 0.11mg (5.7%), Potassium: 178.93mg (5.11%), Vitamin B2: 0.08mg (4.93%), Iron: 0.85mg (4.71%), Magnesium: 15.36mg (3.84%), Copper: 0.08mg (3.83%), Vitamin B1: 0.05mg (3.44%), Vitamin C: 2.61mg (3.17%), Vitamin B6: 0.06mg (3.17%), Fiber: 0.68g (2.72%), Vitamin B5: 0.26mg (2.57%), Folate: 8.11µg (2.03%), Calcium: 13.33mg (1.33%)